



CWN Annual Training Day!

Two Great Speakers ~ One Great Price!!

When: Wednesday, May 16

Time: Choose the Morning Session (8:00am to 11:30am)

Or the Afternoon Session (1:30pm to 4:30pm)

Both Sessions include a delicious Buffet!!

Where: Shandin Hills Golf Club, 3380 North Little Mountain Drive, San Bernardino

**Cost: \$10 for CWN Members
\$25 for Guests**

Registration and Fee is due in advance.

No fees will be accepted at the door. Seating is limited.

Bless Your Stress by Mimi Donaldson

Here's what you'll learn from Mimi:

- Identify your stress "triggers"
- Practice a strategy to prevent stress
- Learn to adjust your responses



Mimi Donaldson



Sybille Phillips

Overcoming the Fear of Speaking by Sybille Phillips

Here's what you'll learn from Sybille:

- An overview of Toast Masters
- How to better your interview skills
- How to better your speaking skills

How do I register?

- Visit the CWN intra countyline/countywomensnetwork or CWN internet site www.sbcounty.gov/cwn to RSVP
- Choose the session you'd like to attend ~ AM or PM
- Send in your check made payable to CWN to Ms. Chris Garcia, WDD Admin, #0041 or mail to: 215 North "D" Street, Suite 301, San Bernardino, CA 92415-0046

Deadline: Registration Fee must be received no later than Monday, May 14, 2007.